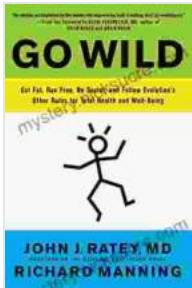


# Free Your Body and Mind from the Afflictions of Civilization



## Go Wild: Free Your Body and Mind from the Afflictions of Civilization by John J. Ratey

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1470 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 267 pages



Civilization has brought us many benefits, but it has also taken a toll on our bodies and minds. We are more sedentary than ever before, and our diets are often unhealthy. This can lead to a variety of health problems, including obesity, heart disease, and diabetes. In addition, the constant bombardment of information and stimulation can lead to stress, anxiety, and depression.

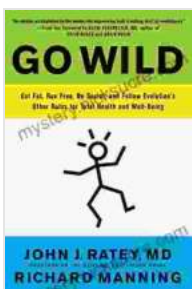
It is time to take back our health and well-being. We need to make changes to our lifestyles, and we need to find ways to connect with nature and with our own bodies and minds. Here are a few tips to help you get started:

1. **Move more.** Get at least 30 minutes of moderate-intensity exercise most days of the week. This could include walking, running, swimming,

biking, or dancing. If you don't have time for a full workout, break it up into smaller chunks throughout the day.

2. **Eat a healthy diet.** Eat plenty of fruits, vegetables, and whole grains. Limit your intake of processed foods, sugary drinks, and unhealthy fats. Choose lean protein sources, such as fish, chicken, and beans.
3. **Get enough sleep.** Most adults need around 7-8 hours of sleep per night. When you don't get enough sleep, it can affect your physical and mental health. Aim for 7-8 hours of sleep each night, and make sure to go to bed and wake up at the same time each day, even on weekends.
4. **Connect with nature.** Spending time in nature has been shown to have a number of benefits for our health and well-being. It can reduce stress, improve mood, and boost creativity. Try to spend some time in nature every day, even if it's just for a few minutes.
5. **Connect with your body and mind.** Pay attention to how your body feels. Notice any aches, pains, or discomfort. Take some time to meditate or do yoga. These practices can help you to connect with your body and mind, and to become more aware of your needs.

By making these changes to our lifestyles, we can take back our health and well-being. We can free our bodies and minds from the afflictions of civilization and live longer, healthier, and happier lives.

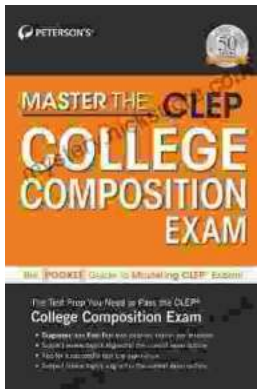


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